

If something is worrying you, before or after your visit, do not hesitate to call the number shown below. Helping with your questions and anxieties about your smear and your clinic visit is an important part of your care.

Clinic contact details: Colposcopy Secretary: **01932 722200**

Selva Olley, Nurse Colposcopist: **01932 722494 / 723984**

Clinic hours: Monday – Thursday 0800-1630

If the clinic or office is unattended, please leave your details on the answerphone. This call will be returned as soon as possible.

Please use this space to make a note of anything you may wish to discuss at your appointment.

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This leaflet has been adapted by Ashford and St. Peter's Hospitals Foundation NHS Trust, from one originally devised by South East Coast Colposcopy Nursing Group.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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What about screening tests (smears) in the future?

If you have been treated, your first test (smear) following treatment will be tested for the presence of Human Papilloma Virus (HPV), which can cause cervical abnormalities. If that it shows no HPV infection, you will not need another test for three years and will be returned to the care of your GP.

This smear test (Test of Cure) will be carried out in 6 months following your treatment in our Nurse-Led smear clinic.

Additional information

- You can eat and take and regular medication prior to your visit.
- You may bring a family member or friend to the clinic with you. There will be a trained clinic nurse with you throughout the examination.
- The examination should take no longer than 15 to 20 minutes.
- For further information about this procedure and the HPV virus please go to [nhs.uk](https://www.nhs.uk) website and search **Colposcopy**.
- A sanitary pad will be provided by the clinic should you require it following examination, although you are welcome to bring your own if you prefer.
- You should not feel unwell when you leave the clinic, and should be able to drive a short distance if necessary. It is beneficial, however, to rest for the remainder of the day if possible.

Colposcopy

Cervical screening tests (smears) and colposcopy are both part of the routine prevention of cervical cancer.

Abnormal tests are fairly common, affecting about 1 in 12 women.

Please be assured that it is very unlikely that you have developed cancer.

This leaflet explains what colposcopy means and what happens when you attend a clinic.

Why do I need to attend?

Your cervical screening test (smear), which consists of a few cells taken from your cervix, was examined in the laboratory.

By looking at the centre of these cells it was possible to see changes that, if left untreated, could become more serious in years to come.

At the colposcopy clinic your cervix will be examined with a colposcope – a magnifying instrument that does not touch you. By taking further tests, we can establish more accurately whether preventative treatment is needed.

There is a TV screen connected to the colposcope, so you can watch the examination if you wish. We may take a picture(s) of your cervix to file in your notes. The filed picture(s) of your cervix may be of benefit if you are seen by a different Colposcopist at a future appointment.

What will happen in the Colposcopy Clinic?

The colposcopist (a specially trained doctor or nurse) will review your test result with you and answer any questions you may have.

You will be asked the first day of your last period, so please make a note of it here:

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The initial examination is very much like having a screening test (smear) and should be no more uncomfortable. If you have previously found it painful or difficult during a screening test (smear) then please let the colposcopist know at the start. As at a screening test (smear), the colposcopist will gently insert an instrument, called a speculum, into your vagina. The colposcope will focus light onto the cervix so that it may be examined. Solutions will be applied to the cervix using small swabs to help show up any areas of abnormal cells. This is not painful.

The findings and possible courses of action will be discussed with you. To save you a second visit the colposcopist may suggest treatment straight away or if more appropriate a biopsy which may be followed by treatment at a later date. Alternatively you may be asked simply to attend for another screening test (smear) at a later date.

Biopsy

A biopsy is a small sample of cells, about the size of the tip of a pencil. This is taken quickly with only momentary discomfort and is sent to the laboratory for analysis.

The result of the biopsy, which you may expect to receive within four weeks, will indicate if you need to return for treatment.

Treatment

There are simple effective treatment methods available, which are sometimes offered at the first visit if appropriate. The aim of all forms of treatment is to remove the abnormal area of the cervix, allowing it to heal by producing healthy cells.

The most commonly used is Lletz procedure, which removes abnormal cells with a small loop. This treatment usually takes five to ten minutes and, for most people, is relatively painless. Some, however, do experience some mild period-like pain. A small amount of local anaesthetic is applied to the cervix.

For two weeks or so after treatment, you can expect a watery vaginal discharge, sometimes with dark specks. You are advised to avoid using tampons and to refrain from intercourse for four to five weeks after treatment, to allow the cervix to heal.

Please ensure the colposcopist is aware of any travel plans or major events you have planned.

Treatment options will be discussed with you by the colposcopist.

You will be provided with after-care information and contact details before you leave the clinic.